



Michael Gets Mad

Book Summary

Michael Gets Mad reflects that anger is a normal and commonly occurring emotion. We all get angry- children, adults and dogs too. How we express and handle our anger matters. Actions involving anger can be constructive or destructive and hurtful for our relationships. Noticing when we are getting angry is central to working with anger effectively. Noticing body signals and thoughts are especially helpful. Body signals include changes in heart rate, breathing, eyes, fingers, chest, arms, legs. Increased tension and pressure often occur with anger. When we notice body signals, we are better able to Calm Down and make good choices. **COBRA- CO**unting, **BR**eathing, **A**cting Calm is an effective way to help us Calm Down.

Tips for Reading

Teaching your child(ren) how to manage their anger constructively and how to calm down to make good choices are very important life skills. As we all know, relationships really matter. How we handle our anger can help or hurt relationships and can be a source for success or failure with others.

Before Reading,

Show your child(ren) the book cover. Ask- "How is Michael feeling?"

"How can you tell how Michael is feeling?" "Can you name as many emotions and feelings as you can think of?" Share that anger is a normal emotion. Everyone gets angry. What matters is how we express our anger.

During Reading,

P.4: "Has anyone ever broken or taken your things?" "How did this make you feel?"

P.6: "Can you think of a time when someone was mean to you or hurt you and you became angry?"

P.8: "Can you recall a time when someone called you names and you became angry?"

PP.11-22: For each person (or dog) that gets angry, "How can you tell they are angry?" "Can you show or demonstrate how they look?"

PP.25-26: Have the child(ren) slowly count with you as you point to each number.

P.27: Have the child(ren) breathe in and out slowly several times.

P.28: Have the child(ren) show or demonstrate how it looks to act calm.

After Reading,

Compare the pictures of Michael at the beginning and end of the book. Ask- "What looks the same and what looks different?"

Review the situations in the book when Michael gets mad pp.3-10. "What might be different if Michael were able to use COBRA and calm down?"

Role-play with child(ren). "Can you think of a time when you became angry?" "Can you make an angry face and clench your fists?" Practice **COBRA- CO**unting, **BR**eathing, **A**cting calm. Practice often during neutral times so child(ren) will recall COBRA when they are getting angry.